Krav maga belt curriculum

Krav Maga uses a belt system to signify progression through levels, commonly ranging from **Yellow** to **Black Belt**. Each belt corresponds to a curriculum focusing on self-defense, striking, grappling, and weapons techniques, with set minimum training durations and skills tested before advancement.[1][2][3][4][5][6][7]

Belt Levels and Typical Progression

- **Yellow Belt:** Fundamentals—stance, basic strikes (punches, kicks), defenses against chokes, headlocks, and grabs. Requires about 4 months and 40 classes for eligibility to test.[2][8][7][1]
- **Orange Belt:** Intermediate techniques—hook punches, uppercuts, bearhug defenses, basic ground-fighting, controlled sparring. Requires 6 months and 60 classes.[9][7][1][2]
- **Green Belt:** Advanced fundamentals—expanded striking, punch/kick defense, live sparring, basic weapons defense (sticks, handguns), more ground work. Requires roughly 9 months and 90 classes.[10][7][1][2]
- **Blue Belt:** Higher-level techniques—refined striking combos, advanced sparring, disadvantage scenarios, knife defenses, takedown defenses. Minimum 12 months and 120 classes.[7][1][2][10]
- **Brown Belt:** Expert proficiency—complex combinations, advanced weapon defenses, multiple attacker scenarios, third-party protection. Another year and 120 classes minimum before Black Belt testing.[1][2][10][7]
- **Black Belt:** Highest technical skill—further progression includes Dan rankings, expert-level teaching and technical mastery.[4][6][2][1]

Curriculum Highlights By Belt

Yellow Belt Curriculum

- Stances, movement, straight punches, hammerfist, palm strikes, basic kicks

- Defenses against chokes, headlocks, wrist grabs[11][1]

Orange Belt Curriculum

- Hook punches, uppercuts
- Bearhug and choke defenses with pulling mechanics
- Basic ground escapes and mounted choke defenses[9][1]

Green Belt Curriculum

- Advanced striking and punch/kick defense combinations
- Headbutt techniques (forward, upward, side, back)
- Defensive and offensive back kicks, slap kicks, knees
- Defenses against punch and kick variations
- Stick and blunt weapon defenses[10]

Blue Belt Curriculum

- More complex combinations (chops, ridge hand, hammerfists)
- New kicks (axe, spinning slap, spinning heel)
- Sweep and leg sweeps
- Advanced high/low kick defenses and spinning kick defenses
- Expanded stick and knife defenses[10]

Brown & Black Belt Curriculum

- Combination of strikes and multiple kick variations
- Advanced throw/hold, headlock and full-nelson defenses
- Machine-gun takedown, shoulder throw, hip roll, sacrifice throw
- Multiple attacker and weapons defenses, tactical ground-fighting[1][10]

Advancement Notes

- Advancement is based on attendance, skill demonstration, passing tests, and sometimes instructor invitation, especially for Black Belt.[2][4][7][1]

- Syllabus may slightly vary between organizations, but core skills align closely across most lineages.[3][5][1]

Example Table: Krav Maga Belt Levels

Belt	Training Time	Key Skills
Yellow	4 mo/40 classes[1]	Stance, basic strikes, defense vs chokes/headlocks/grabs[1][8]
Orange	6 mo/60 classes[1]	Intermediate strikes, bearhug/choke defense, ground basics[1][9]
Green	9 mo/90 classes[1]	Advanced combos, weapon defense, live sparring, ground[1][10]
Blue	12 mo/120 classes[1]	Knife/stick defense, advanced strikes, disadvantage positions[1][10]
Brown	12 mo/120 classes[1]	Multiple attackers, advanced weapons, expert tactics[1][10]
Black	By invitation[2]	Master-level proficiency, instructor skills, Dan ranks[2][6]

Krav Maga's belt curriculum ensures structured progression from beginner to expert level with a strong focus on practical self-defense, situational awareness, and tactical responses.[6][4][7][2][1][10]

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Details step by step for each level

Each Krav Maga level (belt) has a detailed, progressive step-by-step curriculum focusing on practical strikes, defenses, and ground techniques.[19]

Yellow Belt (Level 1) Step-by-Step

- Stance: Neutral, Fighting stance[19]
- Movement: Forward/back/left/right, shadow boxing, ground movement, sprawl (takedown defense)[19]
- Strikes: Straight punch (combinations), palm heel, eye/throat strikes, hammerfist (all directions), elbows (1-7)[19]
- Kicks: Front kick, ball-of-foot kick, round kick[19]
- Knees: Straight forward, round knee[19]
- Combos: Front kick + hammerfist/punch[19]
- Defenses: 360° and inside defenses (punches), choke defenses (front/back/side, with/without push)[19]
- Headlock defenses: Side/headlock from behind, carotid[19]
- Soft techniques: Wrist releases (various grips)[19]
- Groundwork: Position, movement, kicks on ground, getting up from ground[19]

Orange Belt (Level 2) Step-by-Step

- Movement: Bobbing/weaving, slipping punches[19]
- Punches: Hook punch, uppercut, mitt combos[19]
- Kicks: Defensive front kick, side/back kick (short/long), uppercut back kick[19]
- Combos: Kick + hammerfist combo[19]
- Defenses: Inside defense/counter vs left/right, defenses vs hook/uppercut/360°, counterattacks[19]
- Kick defenses: Pluck, reflex, absorb, redirect/stopping kicks (groin/high/low/medium) [19]
- Fall breaks: Back, side, front[19]
- Choke/bearhug defenses: Multiple scenarios (front/behind/wall, arms free/caught)[19]
- Groundwork: Mount and guard escapes, headlock/choke while mounted, disengaging, foot grab defense[19]
- Wrist releases: Against multiple attackers[19]

Green Belt (Level 3) Step-by-Step

- Headbutt: Forward, upward, side/back (bearhug context)[19]
- Kicks: Defensive/offensive back kick (with spin), heel, inside/outside slap kick[19]
- Knees: Inward angle knee[19]
- Punch/kick defenses: Multiple types and lean/trap variations, outside/inside counters[19]
- Kick defenses: Switch, reflex, multiple contact points vs round/high kicks[19]
- Fall breaks: High (back/side), rolling (forward/backward/diving/side)[19]
- Headlocks: Reverse headlock (standing)[19]
- Hair-grabs: From all angles with specific counters[19]
- Bearhug: From behind, leverage/finger, lifting (front/behind)[19]
- Groundwork: Full spectrum of top/bottom (side control, mount, guard escape, arm bar, reversals)[19]

Blue Belt (Level 4) Step-by-Step

- Punches: Chops inside/outside, ridge hand, swingout hammerfist[19]
- Kicks: Axe, spin slap, spin heel, leg sweeps[19]
- Kick defenses: Sliding, plucking, general high/low/spin kick defense[19]
- Weapons: Stick (overhead, baseball bat), knife (stabbing/slash/360°/inside), handgun (front/side/head/stomach/behind)[19]
- Cavaliers: Four control techniques[19]
- Ground: Attacker straddling (arm sweep), arm/leg triangle, guillotine, rear-naked (attack/defense), takedowns (straight/double leg/toe-pick)[19]

Brown Belt (Level 5) Step-by-Step

- Punches: Jab/punch combinations[19]
- Kicks: Multiple kicks (switching moves: front/slap/knees/back)[19]
- Kick defenses: Back kick[19]
- Throws/holds: Machine-gun takedown, shoulder throw, hip roll, sacrifice throw[19]
- Headlock/full-nelson defenses: Includes throw, flip, lever, sweep techniques[19]

- Weapons: Advanced knife defense (live/dead side, stab/slash variants), long-gun/bayonet defense (front/behind, various angles)[19]
- Handgun: Dead/live side and off-center gun holds[19]

Krav Maga students learn and drill these techniques step-by-step at each level, combining striking, defense, ground and weapon tactics, and building proficiency through scenario training before advancing.[19]

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